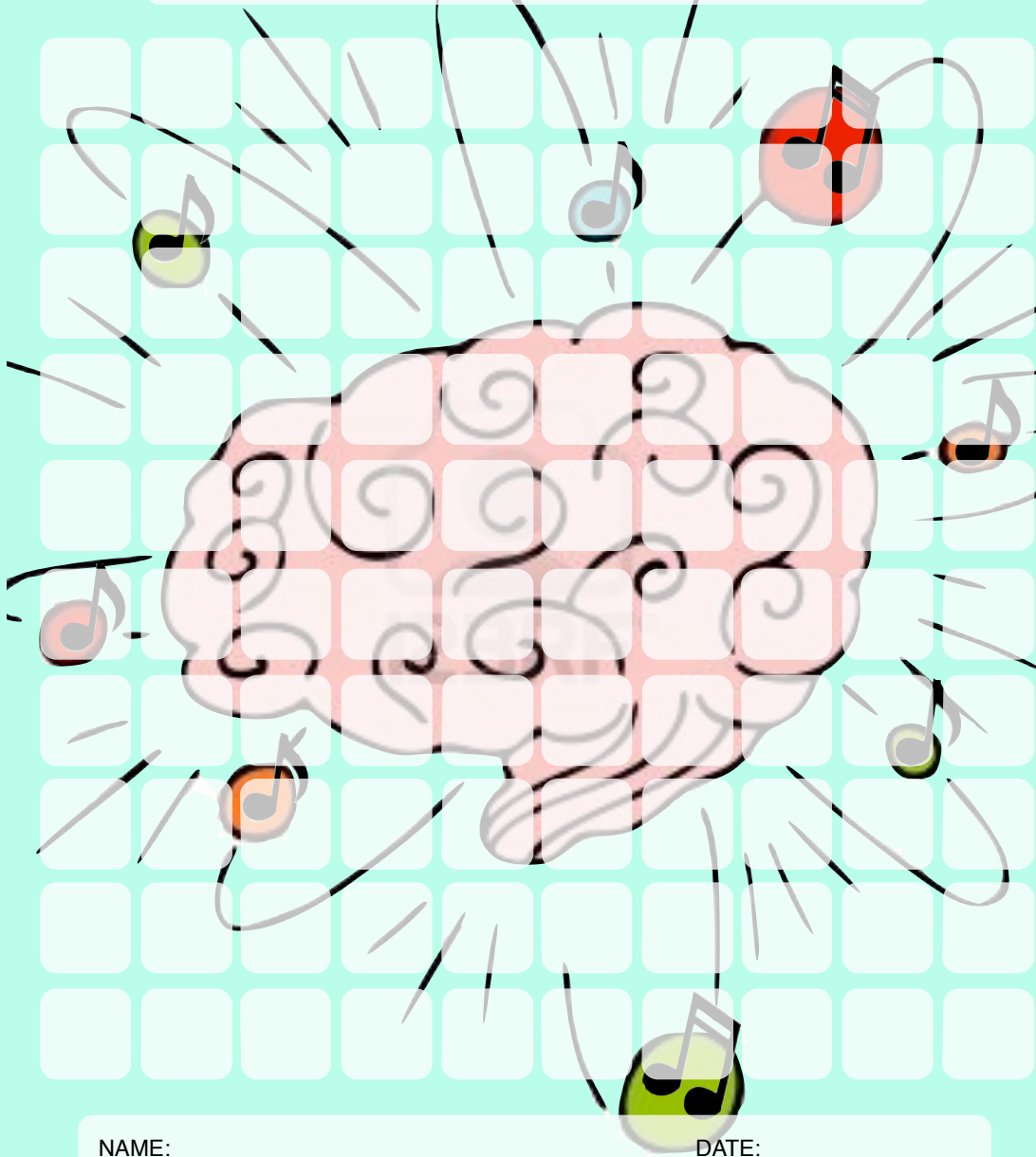


100 TIMES PRACTICE CHALLENGE



NAME:

DATE:

DO YOU NEED A BRAIN BREAK?

While practicing, if the going gets tough, the tough take a brain break!

Movements that cross the midline of the body stimulate both sides of the brain, helping you get back on track in only a few minutes. Here are a few movements to try.

- **Neck rolls:** breathe deeply and roll your head (in a forward position only) to increase visual awareness and hearing. Repeat twice, once with eyes closed, then with eyes open.
- **Cross crawl:** stand up and alternately touch each hand to the opposite knee. Do the same motion touching your raised foot behind you. This enhances breathing and stamina, coordination, and spatial awareness.
- **Thinking cap:** use your thumb and index finger to gently pull your ears back and “unroll” them. This “warms-up” your ears physically and mentally before you play, activating short-term working memory, silent speech and thinking skills, and increasing focus on relevant sounds, screening out distractions.